



## Avoiding the slip: *Winter fall prevention*

by Mayo **CLINIC**

Seemingly simple, everyday actions such as padding out the front door in slippers, stepping out of a car in a parking lot or going on an afternoon walk can suddenly become treacherous in winter, leading to falls and injury.

Orthopedic injuries from falls, such as broken bones in the wrist, arm, ankle or hip, are common. For older adults, falls are the most common cause of traumatic brain injury, which ultimately can be fatal. Even for elderly patients who do not die due to injury from a fall, consequences can lead to nursing home stays and subsequent health decline.

Risk factors for falls

General risk factors for falling, in winter or in other seasons, include:

- Age
- Previous fall
- Poor vision
- Chronic conditions
- Use of multiple medications
- Fear of falling
- Fall prevention

What can be done to decrease the number of winter falls, or at least diminish morbidity from a fall?

• **Take care in risky locations**  
**Lombard suggests treating many** areas as risky or unsafe in the winter, as it's not always possible to see icy spots. When getting in or out of a vehicle, first check to see if the ground is slippery.

• **Be cautious and allow for extra time**

Being in a hurry and scrambling into the service station for a gallon of milk can be asking for trouble.

• **Change your walking style for greater stability**

Use a slower and wider gait to better protect against falls.

• **Dress appropriately**

**Though** it may seem harmless to go out to get the mail in your robe, doing so increases your chances of injury or exposure if you take a tumble on an icy driveway or walk. Wear gloves, warm clothing that covers you well, and footwear with treads and good traction — even consider purchasing ice grippers for your shoes.

• **Bring a cellphone**

If you should fall, you will be glad you brought your phone along to call

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## Events in February

### Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

M/T - AARP tax preparation (by appointment)

5 - Zumba Gold 1 pm.

6 - Stepping On Falls Prevention workshop noon. (sign-up required)

7 - Movie - "Must Love Dogs" (PG-13) noon

10 - Blood pressure clinic 10 a.m.

13 - Valentine's dinner and dance 4 p.m. (sign-up required)

14 - Valentine's lunch 11 a.m.

17 - Closed in observance of Presidents' Day

27 - Birthday Party 11:30 a.m.

### South Davis Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

M/W/F - EnhanceFitness 8 a.m.

M/W - Bingo 12:30 p.m.

11 - Legal consultation (by appointment)

13 - Valentine's dinner and dance 4 p.m. (sign-up required)

17 - Closed in observance of

Presidents' Day

24 - AARP Smart Driving Course 10 a.m. (sign-up required)

28 - Birthday party 11 a.m.

Tax help available call DeVon Steiner 801-292-1389 (by appointment)

### North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

M/W/F - Bingo 12:30 p.m.

- Texas Hold'Em Poker noon

- EnhanceFitness 2:15 p.m.

T/TH - Tai chi 10:15 a.m.

M/W - Arthritis exercise class 10:15 a.m.

4/18 - Shopping trip 12:30 p.m.

6 - Zumba Gold 1 p.m.

13 - Valentine's dinner and dance 4 p.m. (sign-up required)

17 - Closed in observance of Presidents' Day

18 - Birthday party 11:15 a.m.

- AARP Smart Driving Class 10 a.m. (sign-up required)

Due to circumstances out of our control, we WILL NOT be doing taxes at our senior center this year.

See more at [daviscountyutah.gov/seniors](http://daviscountyutah.gov/seniors)

## Zumba Gold

As we age, exercise continues to be of critical importance to weight management, heart health, balance and injury prevention. Zumba Gold falls under the category of endurance training, which keeps the heart healthy and the circulatory system strong. Zumba Gold develops coordination and burns calories to stave off the weight gain that often accompanies aging.

The original concept of Zumba combines a dance workout with a party-like atmosphere. Zumba Gold takes the popular Latin-dance inspired workout of Zumba and makes it accessible for seniors, beginners or others needing modi-

fications in their exercise routine. Zumba Gold builds cardiovascular health by challenging the heart and working the muscles of the hips, legs and arms with dance moves.

Zumba Gold is designed to be approachable by all populations, regardless of fitness level. Experience with dance is not required. Moves in class are broken down in a slow and manageable manner. The intention of the class is to move a little and have a lot of fun—even if you don't perform each move perfectly.

Zumba includes a medley of

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# Caregivers for Alzheimer's and dementia face special challenges

by Sheryl **KNIGHT**

Davis County Health Department

Caring for a person with Alzheimer's or dementia often involves a team of people. Whether you provide daily caregiving, participate in decision making, or simply care about a person with the disease — we have a resources to help.

Dementia Dialogues is a course designed to educate individuals who care for persons who exhibit signs and symptoms associated with Alzheimer's disease or related dementias.

Topics covered:

- Introduction to Dementia

- Creating Dialogue and Keeping It Going
- It's a Different World: The Environment and Quality of Life
- It's Nothing Personal: Addressing Challenging Behaviors
- Now What Do We Do? Creative Problem Solving

The course is offered at no cost, but seating is limited. Dementia Dialogues will be held Wednesday Feb. 12, 19, and 26, 6-8:30 p.m. at Whisper Cove Assisted Living (725 S Main St, Kaysville). Call Davis County Health Department at 801-525-5127 for more information or to reserve your seat.

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a neighbor, spouse or emergency medical help.

- **Clear your walks**

Even if this requires asking for help from others to accomplish, it's worth the trouble to prevent a fall.

- **Carry kitty litter or sand in a bag**

These can be tossed onto the ground in front of you to provide better traction while walking.

- **Ask your doctor to assess your personal risk of falling**

If certain factors put you at higher risk, such as low vision, a physician can help develop a preventive action plan.

- **Protect your bone**

## health

Taking in calcium from food sources or supplements and getting vitamin D from sun exposure are important for bone health, which protects against falls. As all northern U.S. states are too far away from the sun to get adequate vitamin D in the winter, ask your physician about supplementation.

- **Learning from a fall**

After a winter slip on the ice or snow, analyzing one's fall story can be helpful to avoid repeating it, says Lombard. Helping patients reflect on questions such as "What was I doing?" and "What could I have done differently?" can help

determine preventive action for the future.

Falls are not a normal part of aging. Most falls are preventable. Davis County Health Department offers Stepping On, a 7-week program proven to help older adults improve confidence to reduce the risk of falls by 31%. The workshop is led by trained facilitators, a physical therapist, vision specialist and a pharmacist. Thursday, Feb. 6 through March 19, 12-2 p.m. at Central Davis Senior Activity Center (81 E Center Street, Kaysville). Pre-registration is required. Call 801-525-5087 or visit [www.livingwell.utah.gov](http://www.livingwell.utah.gov).

## ZUMBA

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dance styles, including merengue, cha-cha, cumbia, belly dance, rumba, tango and salsa. Zumba Gold breaks these dances down to address the anatomical and biomechanical needs of active older adults or the unconditioned beginner. Nonsupported moves and chair-based options are available to participants in Zumba Gold.

Despite the fun approach of Zumba Gold, wearing appropriate attire is important. Loose fitting, comfortable clothing that allows your body to experience a wide range of movement is best. Wear athletic shoes to support your knees and ankles during pivots and turns involved in the dance moves.

Davis County Health Department is

excited to offer two Zumba Gold classes starting in February.

- **Wednesdays**, 1 p.m. at Central Davis Senior Activity Center (81 East Center Street, Kaysville)

- **Thursdays**, 1 p.m. at North Davis Senior Activity Center (42 South State Street, Clearfield)

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